

most sad; yet, in its surroundings, its essibilities and assured results it is most neouraging.

CHILDREN SHOULD DANCE.

The Exercise Banishes Painful Timidity and Gives a Graceful Carriage.

There is much to be said in favor of the

ALTERNATION OF A PARTY CONTROL O

BOOK-LOVING CHILDREN.

Taste for Literature Should B Encouraged and Wisely Guided.

From the Woman's Home Companion.

To the child who opens his mind to the There is much to be said in favor of the old-fashioned English games as recreations for children, Inasmuch as they give scope for both running and walking exercises, as the little ones in turn run, walk, or skip in the ring, while singing at their full voice range as they go.

But these at volces, through lack of discipling in the ring, while singing at their full voice range as they go.

But there of volces, through lack of discipling in the ring while in the singing, are likely to discipling in the ring with the refore, though good, such games as. Toor Saily sits a-weeping," Jolly sailors, "Here we come gathering muts in May," etc., can scarcely be said to be of the first of the states. The said to be of the result of the said to be of the said to the said to be of the said to the said to be of the said to be deep truth of poetry, the forerunner of science, life looks simple and easy, and he

For the physical side, the muscles of the whole frame come into pleasant and half-unconscious exercise. All the leg muscles are stimulated, moved and exercised, so that clumsiness of motion insensibly departs; the chest muscles are exercised and the lungs do increased work by the quickened breathing; the eye is rendered sharp to see and make the body follow imitatively the motions that it sees (thus observation and imitation are fostered in a right way); the arms, especially in the drill dances so common now, are brought into good working order if the dancing is taught by proper instructors.

The dancing parties and the dancing lessons are eagerly anticipated by the little ones, who delight in their pleasant clothes, their happy companions and lively surroundings. Such receration as this, given in right measure, makes for the child a series of beautiful remembrances for the bringing back in later life.

The crowded, overheated rooms of dancing places for grown-ups are not the dancing inverted scallops for a finish. This is of the same cream-white sinvariably taken that the rooms are well ventilated and large enough for the reception of the little ones. This is a matter for the parents to see to, and it does not detract from the healthfulness of dancing as a recreation. The feeble objection that vanity is engendered by the pomp and typic the mother takes trouble to put right ideas in the child's head. At any rate adment of self-respect is given to any little one who finds itself nicely dressed among its fellows.

Altogether, dancing appears to be one of the best recreations in its nower of



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STORAGE, ALTERATIONS, REPAIRS.

WITH THE LEFTOVERS.

The Real Merit of the Cook Is Often Shown in the Delectable Hashes She Makes.

rism the Philadelphia Times. There is probably no better test of the capacity of a cook than her treatment of phia, is the owner of what is known as the broken meat left over. I have heard "ye old seventy-six table service." No a very good housewife say that she knew gold or silver goes to make the value of

SERVICE OF HISTORIC OAK.

A Dinner Set Made of Wood From the Philadelphia State House and Bits of the Liberty Bell.

From the New York Tribune.

Mrs. Susan Margaret Miller, of Philadel-